

For the adults at home:



Department of Health

Save Our Sight

Realeyes is a vision education program sponsored by the Ohio Optometric Association and made possible through the Ohio Department of Health Save Our Sight Program. When Ohioans renew their license plates they are asked to donate \$1 to the Save Our Sight fund.

"Did You Realeyes?"...

To learn more about children's vision & resources in your community visit ooa.org/Realeyes_community.

- 1 in 4 children has an eye disorder that can affect their learning.
- Undetected vision disorders are the #1 health problem in children.
- 80% of what students learn under normal circumstances is through their eyes. A vision disorder can affect learning. **Is your child seeing as well as possible?**
- Not all eye problems have obvious symptoms. A regular eye exam by an eye doctor is the only way to find out the overall health of your child's eyes and vision.
- **An eye exam by an eye doctor for every child is recommended at six months, 3 years of age, before first grade, then every year or two throughout the school years.**
- The sun's UV rays can cause long-term damage to the eyes. Children are at greater risk than adults. The effects are cumulative, and 80% of UV exposure happens before age 18.
- Vision screenings are an important step in eye care. Make sure to always follow-up with a comprehensive exam performed by an eye doctor to ensure your eyes are healthy.



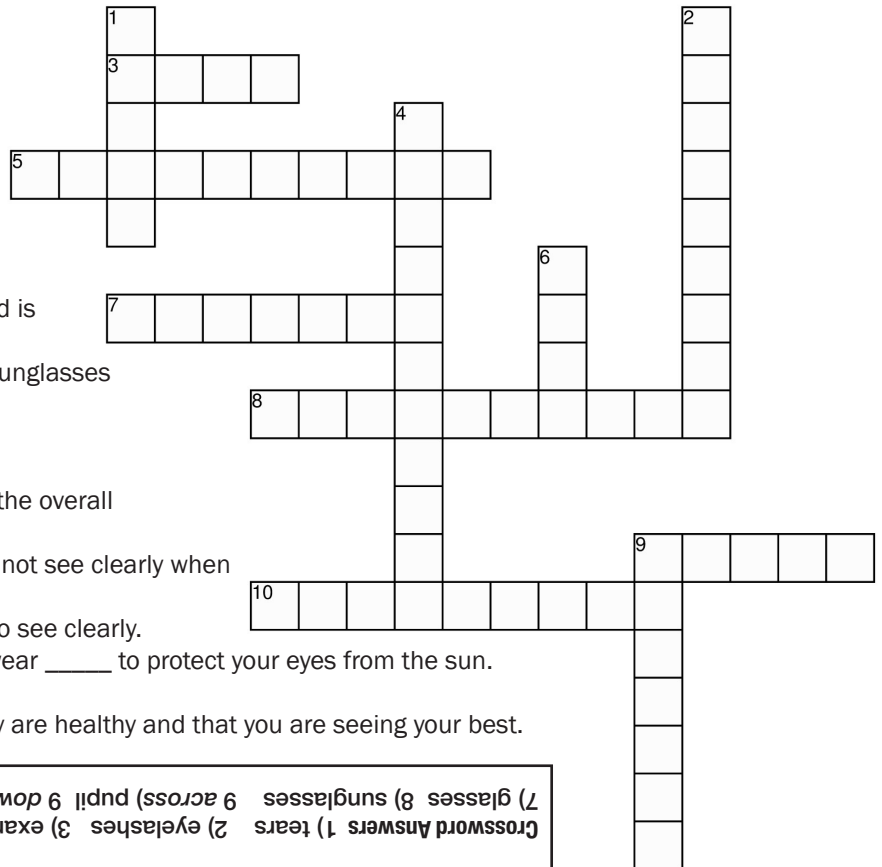
??? HAS YOUR CHILD HAD AN EYE EXAM BY AN EYE DOCTOR?
 WHEN WAS YOUR CHILD'S LAST EYE EXAM?
IS THERE A FAMILY HISTORY OF VISION PROBLEMS OR DISEASES?
DOES YOUR CHILD WEAR SUNGLASSES OR A HAT WHEN PLAYING OUTSIDE?
???

DOWN

- _____ keep your eyes clean, moist, and healthy.
- _____ sweep away dust and dirt in the air to protect the eyes.
- _____
- If things far away look blurry, you may be _____.
- _____
- The _____ is the colored part of the eye and is a muscle that lets in light.
- _____
- Swimming goggles, eyelashes, tears, and sunglasses all _____ the eyes.

ACROSS

- An eye _____ by an eye doctor will find out the overall health of the eyes.
- If you get headaches when reading and do not see clearly when looking at close things, you may be _____.
- Some people need to wear _____ in order to see clearly.
- When playing outside, it is a good idea to wear _____ to protect your eyes from the sun.
- The _____ is a hole in the eye.
- An _____ examines your eyes to see if they are healthy and that you are seeing your best.



Crossword Answers 1) tears 2) eyelashes 3) exam 4) nearsighted 5) farsighted 6) iris 7) glasses 8) sunglasses 9 across) pupil 9 down) protect 10) eyedropper

Answer Key to page 1 : "Things you need to look for".
 1) No 2) Yes 3) Red & Green 4) No 5) Tennis, Baseball, Water Sports & Basketball 6) No 7) No 8) No 9) No